

## PT Enhancement Program Session: Get in the Zone for Cardio Improvement and Success

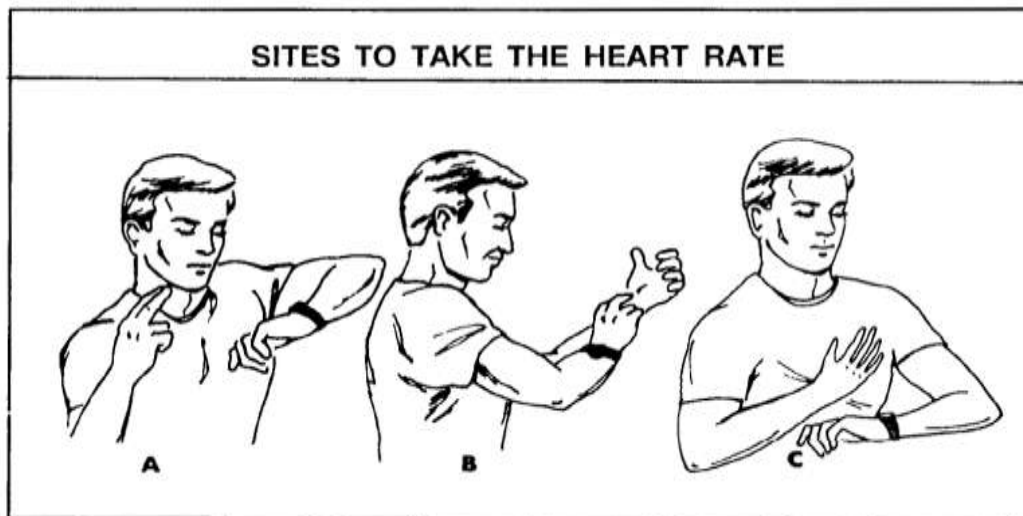


**You are the key to Your Success!**

### Get in the Zone

In order to “get in the zone” for maximum cardio improvement for Cardio/Aerobic type exercises such as running, speed walking, biking, etc., the intensity level should be high enough that it elevates your heart rate to 60 to 90% of your heart rate max or HHR (Heart Rate Reserve).

- **How to determine HRR** (Heart Rate Reserve):  $MHR - RHR = HRR$   
 $MHR$  (Maximum Heart Rate) =  $220 - \text{age}$   
 $RHR$  (Resting Heart Rate) = (resting pulse for 30 seconds x 2)



**A:** Carotid Artery (neck)   **B:** Radial Artery (wrist)   **C:** Heart (heart beats)

An easy way (though not as exact) is to simply note that you should do cardio/aerobic exercise at an intensity level where it becomes difficult to talk while performing the exercise. This is sometimes referred to as the talk-test method of determining how intensely you are working out.